

Thousand Island Dressing

Rating: ★★★★★

Makes: 8 servings

Ingredients

1/2 cup yogurt, non-fat plain
1/2 cup mayonnaise, reduced-fat
1/4 cup chili sauce
3 packages sweet pickle relish (2/3 tablespoon packets)
1 tablespoon onion (finely chopped)
1/16 cup celery (finely chopped)
1 teaspoon lemon (or lime) juice
1/8 teaspoon black pepper

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	70	
Total Fat	5 g	8%
Protein	1 g	
Carbohydrates	7 g	2%
Dietary Fiber	0 g	0%
Saturated Fat	1 g	5%
Sodium	380 mg	16%

Directions

1. Wash hands well with soap and warm water.
2. Mix ingredients together.
3. Chill and serve over vegetables or on a salad.

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